

July 1992 p. 1 NORTHERN CALIFORNIA SENIORS TRACK CLUB, Inc.

(For Men and Women 30 Years and Older)



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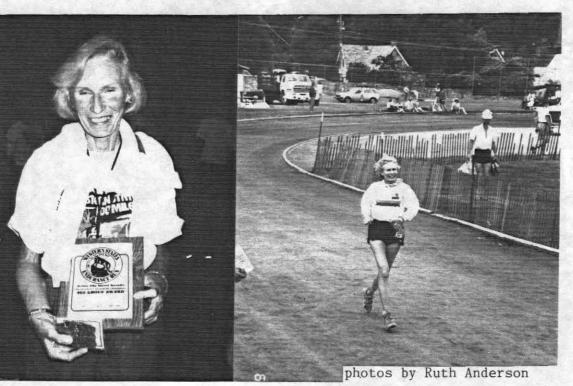
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CLUB ID TAC #: 109 CALIFORNIA CORPORATION #: 1275994 CALIFORNIA NON-PROFIT #: CT-61086

> Martinez to Port Costa Brick Yard Run

Luka Sekulich, Director 1485 Durlene Drive Concord, CA/94520 510/685-5185



<u>JOAN SZARFINSKI</u> (W50-54) finished the Western States 100 miles on June 28, 1992, in 29 hours 31 minutes and 53 seconds, winning the bronze belt buckle for her less than 30 hours time. She was the only No. Cal. Srs. Track Club finisher this year. Joan lives in San Francisco, and has been a club member since 1987. Congratulations, Joan!



Left: Don Rose (5th) meets with three old friends (1st, 4th and 6th) and John Burns (2nd) and Phil Conley (3rd)

Photo by Shirley Dietderich

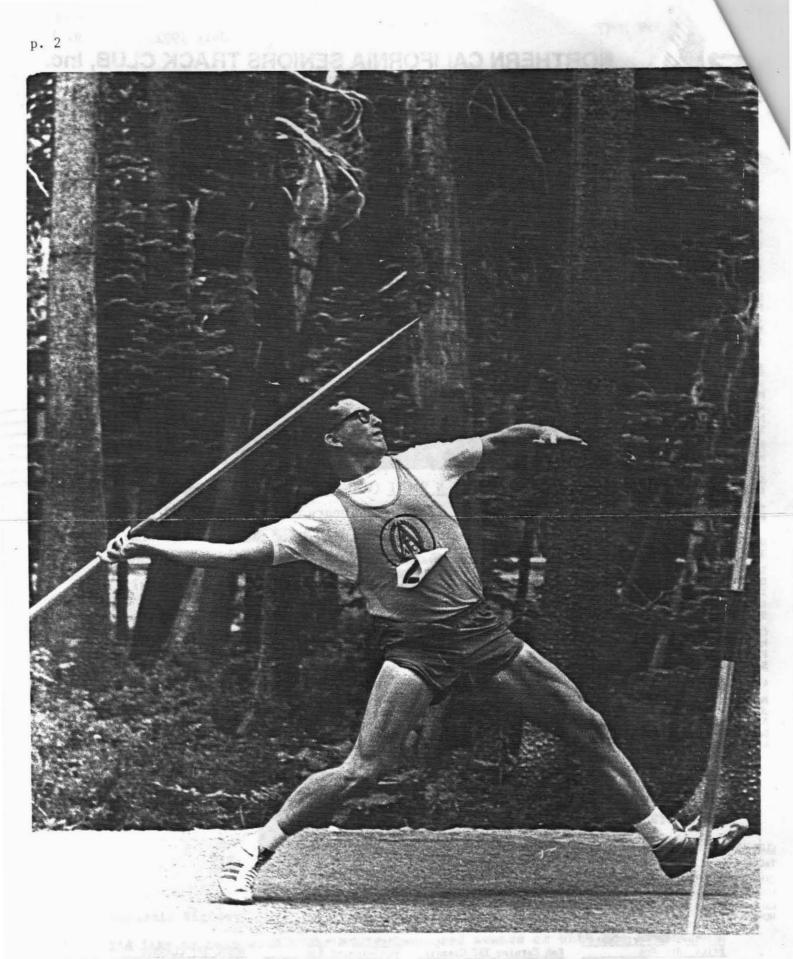
Ken Carnine T&F Classic

Michael Ackley, Director 4649 Oakbough Way Charmichael, CA/95608 916/967-9003 Dick Houston Memorial Woodminster Run

Gail Wetzork, Director 3452 Capella Lane Alameda, CA/94501 510/522-3724

NCSTC T&F CLASSIC

Jim Johnson, Director 1026 Murchison Drive Millbrae, CA/94030 415/697-1889



JOHN BURNS, at the age of 27, at the 1968 final Olympic trials, in the woods of Echo Summit, South Lake Tahoe, where he placed fifth. (cont. on p. 3)

5107685-2630

When our new club member, John Burns, was asked to lend us a favorite photograph of himself for some idea of the history of his competition, he cooperated with the outstanding picture on the left. He said this was the most memorable fun competition of his career. It was preceded by a long series of Olympic qualifying meets and was the peak of his career with a 252' 7" throw. The facility was beautiful, the javelin runway being built amongst the trees. He participated in open competition until he was 33 years old.

John started in high school as a jumper, and a half miler, but at the age of 17 decided he needed another event. His 175' 1" javelin throw proved that to be his best event. At age 18 a 208' 9" won him second place in the Oregon State High School meet; he was beaten "by an expert, the record holder."

In 1960, as a freshman at the University of Oregon, his 216' 2" was the fifth best national distance. At age 20 in 1961, his 235' 9" qualified him for the NCAA; at age 21, 236' 1" won him the Western Canadian Championships in Vancouver, B.C. In 1963 at age 22 his 250' 1" was the University of Oregon school record, and fifth in the NCAA Championships; he won the Oregon AUU Champonships. In 1964, at age 23, his 266' O" in Portland, Oregon, was the best American throw that year in open competition. In 1965, at age 24, 250' 9" won his the West Canadian Championships again. In 1966, at age 25, 250' 111' made him the Oregon AAU Champion and 4th in the National AAU Championships. At age 26, in 1967, 251' 8" won the USPFF in the Nationals in Corvallis, and the Oregon AAU Champion again. In 1968, at age 27, his 252' 7" was fifth in the NAAU (see photo on left), and he won the Pacific AAU Championships at a TAC meet in Hayward. BUT MOST IMPORTANT OF ALL HE RECEIVED HIS DENTAL CREDEN-TIALS. And at age 28 (1969) BRENT WAS BORN! He threw 244' that year and only a few times the next two years. From 1970-1973 he threw a consistant distance, with a respectable 240' 111' in 1973, winning the Pacific Association Championships, and at age 33 retired from open competition.

John coached track, baseball, basketball and soccer, and had four national age group (children) champions.

At age 40, in 1981, John came back with a 203' 11" throw winning the national masters championhsips. Eight years later (1989) a 178' 11" placed him fifth in .nationals M45 group. In 1990 (at age 49) he threw 173' 5" and his 1992 173' 1" was a winning throw for our club. John says he has not had any injuries, "but in going backto training you have to be realistic about what your body can do."

John adds, "Phil Conley did so well for such a long perid of time. He placed better than I did. When I was in dental school one of my friends who was in graduate school in Harvard told me about Phil Conley. About 1965 or 1966 I looked him up. Phil and Dave Maggard were throwing for California Youth Village when I came to California to train for the Olympics. Judy and I fell in love with the weather and we stayed. (They live in Lafayette.) Phil was a self made man. At my school, one coach and two overworked assistants laid out a program and left us to do it. Phil coached himself."

John's son, Brent, finished second in the 1992 NCAA Championships in Austin, Texas, with an 18' $8\frac{1}{4}$ " pole vault height: this was a minth all time college record, and the University of California record.

NOTICE

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After the Ken Carnine meet, the clean up crew found a sweatshirt, sweat pants and a nice runner's watch. Would the owner please phone Michael Ackley at (916)967-9003? NOTICE Don Rose requests the help of anyone with a lap top computer to help compile results at the July 25-26 Chabot College meet.

Ed.

SKYLINE SOK		50 K Endu sponso Golden Ba with supp	red by
SKILINE JOK		PowerBar	EDGEBAR
	AUGUST 2, 199		
START:	7:00 AM, Lake Chabot Marina. Cas	tro Valley, California	ARD, CALL
COURSE:	Loop. Dirt trails and fire roads out to the Skyline Recreational Trail. Bea not designed for the beginning run	utiful Scenery. This hilly. wildern	
AID:	There will be eight aid stations une and the finish line will have water. Bars, Edge Bars, fruit, and great p	first aid, sponges, Exceed. Coke	
ENTRY FEE:	\$35.00 preregistation if postmarke There will be a \$10.00 cnarge for a T-shirt and finisher's med al.	d by July 20, 1992 . <i>\$43.00</i> after any refunds after July 6. Entry fe	<i>July 20.</i> e includes
DIVISIONS:	Men and Women—18-29, 30-39, 4 to run this race without parent's sig		18 is allowed
AWARDS:	Special awards to first overall Man third divisions. Awards ceremony a		t through
PACKETS:	Information packets will be mailed All runners will pick up their race n		
PARKING:	Free parking is available on Lake	Cnabot Road. Parking in the lot	costs \$3.00.
For Race Information:	Call Will Uher at 510-278-0451 De	fore 9:00 PM	
MAIL ENTE	YTO: Skyline 50K 16183 LYLE	STREET, SAN LEANDRO, CA	94578
ENTRY FORM	Skyline 50K	T-SHIRT SIZE: S	M ¬ L ¬ XL
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Limitation of your legal rights! In consideration of your acceptance of this form, I hereby for myself, my heirs, administrators and assigns, waiver and release any and all claims for damages I may have against the sponsoring organizations or their representatives, successors and assigns, arising out of any and all injuries suffered by me while participating in the 1992 Skyline 50K Endurance Run, or traveling to or from this event. I hereby attest that I am physically fit to participate in this event. I understand that If I do not reach the Skyline Gate (13.8 ml.) by 10 AM, I will accept a ride back. I am also aware that the course will be closed at 2:30 PM.

WELCOME, NEW MEMBERS!

Mandy Joslin, age 47, 751 Francisco St., San Francisco, CA 94133 (415/474-5523) was recruited by Jim Johnson. Her preferences are the discus, shot and javelin, and she has had some previous masters experience. Her mother, father and brother were pictured on page 12 of the April 1992 issue of the NMN at the Santa Barbara meet. Father, Leon has masters' records.

Wolfgang Schmulewicz, Age 39, 1866 46th Ave., San Francisco, Ca 94122 (415/ 777-6254 bus.) was recruited by Mark Grubi. He runs the mile through the 10K. He says, "Once upon a time: 5000M in 13:31; S.F. High School 2 mile record holder of 9:03 set in 1971...Many years ago Coach Mark, with his fine eyes and training knowledge, corrected some major weaknesses in my running^ctraining. The result was that I was able to beat the fastest runner in the U.S., Paul Geis-who won the Pac 8, NCAA and AAU championships, the Bay to Breakers, Olympic trials winner as well as many other major races. If there was anything I ever regreted it was that I didn't train under Coach Mark earlier for perhaps all those championships could have been mine." A great addition to the membership!

Rogers P. Tezeno (age 36), 8 16th St., Apt. B, Richmond, CA 94801 (510/236-8548) was recruited by Mark Grubi who was impressed by his long jumps of over 20, as a novice, with his flats on. He will also attempt the 100M.

REPORTS FROM MEMBERS:

Craig Boyak, back in competition! He pole vaulted 15' 6" at Alhambra High School, Martinez, at the first of the <u>Wednesday</u> <u>Eve. All-Comers Series, on July 1</u>. He also panned to compete at the first of the <u>Chabot College, Hayward All-Comers</u> <u>Series which began Tuesday, July 7</u>. Keep these tuesday and Wednesday All-Comers series in mind.

Alden Bryant is training regularly and consistently and Ed Manougian is showing speed and good form. Sharlet Gilbert, of Richmond. was reported in the June 21 Examiner as sixth place women's finisher in the Grandma's marathon, Duluth, Minn., with a 3:38:00.

Mel Shine: Jan. 26 half marathon, I beat a 70 and 72 year old in 2:19, for lst in 70+. 3/29/92, Houlihan to Houlihan, despite the two touch hills I did 1:16 in the 7¹/₇ miles--3rd for 70+. 5/31/92, Tandem Tandem Run, Cupertino--1st 80+ 58:13 10K, award, \$100 gift certificate Nordstroms. 5/17/92 Smartass 10K in Cotati. "They said they had a special category for me but I didn't have patience enough to wait for the long time awards (kids, costumes, etc.) so I think I won my category in well under 60 minutes." 6/20/91 Fujitsu 5 mile--5th in 70+ 47.09. "An unbelievable ovation when I received my award (I ran with my youngest son, Mike (42). And his daughter (my granddaughter) (7) who won a door prize of a \$300 bicycle. "Am off to see my oldest son and family

in Dallas and may run a lOK there."

Jackie Caselli reported a first in the 70+ (women) Fujitso 5 mile (disappointed that it was a little slower than last year), and sent a copy of her invitation to the San Jose Sports Association banquet, at which she was named their female athlete of the year (the first year they have awarded seniors). She also did the Aptos fouren's 5 mile. Congratulations, Jackie!

Ruth Angerson finished 2 ultras--the American River SO and the Ruth Angerson 100K. Ruth plans to leave July 27 for England for 6 weeks. She will run in the Road Bunners World Championships in Birmingham and will watch the World Olympics with friends on DBC. She will try a series of 5 races in a weak on the Isle of Mann-a helf-marathon. 10 miles, 5 miles and two 4 mile races.

It is noted that <u>Run-Cel</u> reports CRAND PRIX standings so far of <u>Sharlet Gilbert</u> FIRST Masters woman, <u>Richard Laine</u>

8.6

FIRST of the Super Senior Hen, and <u>Kit</u> <u>Pickles</u> is FIRST of the Super SSenior Women, in the LDR standings. <u>Ruth</u> <u>Anderson</u> is the FIRST Super Senior Woman and <u>Richard Leine</u> is the FIEST Super Schior han in the ULTHA standings. * * * * * *

We expect the Woodzinster results to be available for the mart negative.

THE NEXT EXECUTIVE CLUB MEETING WILL BE AUGUST 5 AT THELMA RUBIN'S.

PLIENSE HELP WHATEVER TIME YOU CAN JULY 25-26 AT CHABOT COLLEGE HAYWARD.

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AC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS SPOKANE, WASHINGTON · SPOKANE FALLS COMMUNITY COLLEGE · AUGUST 13-16, 1992

GENERAL INFORMATION

Meet Vemle Foxley (509-533-3644) Directors: Maury Ray (509-533-3631) FAX - (509-533-4128)

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on August 13, 1992 will determine the competitor's age group. Individual competition will be held in age groups of five year increments starting at age 30. Relays will be held in age groups of 10year increments. Proof of registration with The Athletics Congrass will be required from all U.S. nationals at onalte registration. Foreign competitors are allowed to compete, but need to provide similar proof of registration from their country's governing body. Proof of date of birth will be required from all competitors at on-site registration. A driver's license, passport or birth certificate will be acceptable documentation

AWARDS: TAC Championship medals will be awarded to the top three U.S. nationals in each age division of each event final. Duplicate ewards will be given to foreign athletes who place. Competitors will receive a certificate of participation.

ENTRY FEES AND PROCEDURES: Entry fee is \$20 for first event, \$15 for second event and \$10 for each subsequent event; pentathion \$20; and relay \$40 per team (must be pre-entered). The entry fee includes a t-shirt to be received at on-site registration. All entries must be received by July 13th, 1992. Confirmation of entry will be sent within seven days or no later than July 20, 1992. No entry will be considered complete unless it is accompanied by, payment of fees, in full. There will be no refunds of entry fees for any reason. Changes after July 31 will be made only if lanes are available in existing heats.

LATE ENTRIES: The absolute final date for entries will be July 31, 1992, with \$20 late fee charged and no confirmation.

ON-SITE REGISTRATION & PACKET PICK-UP: Packets consisting of number, tshirt and updated schedule and information will be available at track site beginning Wednesday, August 12 from 9 a.m. to 6 p.m. Other meet information will be mailed with entry confirmation.

ACCOMMODATIONS: We have negotiated special housing and meal packages which are lower than normal rates. All packages include taxes. Accommedations range from economy, moderate and superior, starting at \$186 for three nights double occupancy. Meal packages include continental breakfast for four days for \$10, and

THURSDAY AUGUST 13 Yook HURDLES (TRULE) 1120 MAD TRUE (LIPALS) 1120 MAD Sock HURDLES (LIPALS) 123 MAD Sock HURDLES (LIPALS			cluded in each athlete packet i into one race after the entries	are not adaquate for a full field	
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lunch and dinner package for four days for \$40. Meals, provided by Marriott, will be "all-you-can eat." with vegetarian entrees always available, as well as seasonal, fresh fruit. Separate meal prices are higher. We can accommodate special dietary needs upon request. Also, airline tickets are available at discounted prices. *Time To Travel* (509-533-8898, FAX 509-533-8836) can give you quotes on all eir, accommodation and meal packages. Please feel free to deal with your own travel egent, however, our prices will be much lower. Special discounts will be 10 percent off land packages with purchase of air transportation prior to May 1; 5 percent off land packages only when purchased prior to May 1; and 5 percent off land packages with purchase of air transportation prior to June 1. Call to have more information sent to you.

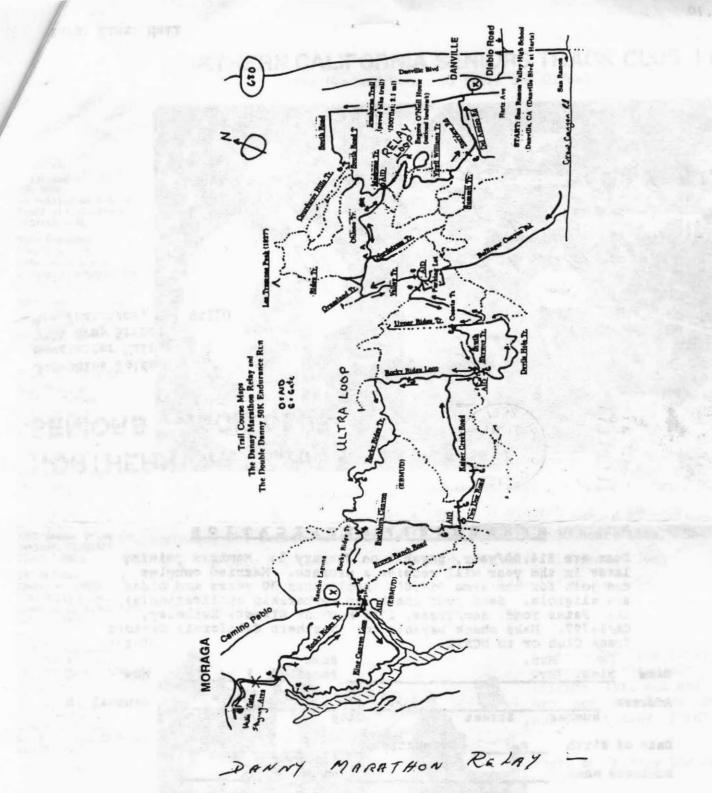
OFFICIALS: Most officials and all head officials will be nationally or master-ranked TAC certified officials from across the United States.

ADMISSION (For Non-Compatitors); \$2.00 per day, \$5 for three-day pass, \$6 for four-day pass.

VENUE: Newly remodeled, full-depth polyurethane, 400-meter track with eight 48-inch lanes. Fully automatic timing will be used. Only 1/4 inch spikes may be used.

(application on p. 6)

	Fio.	
THE DA	LDR/BASSICS, Inc. presents	
	The DANNY MARATHON RELAY	
¥ 2	and The DOUBLE DANNY 50K ENDURANCE RUN	
REL	September 13, 1992	
B	PA/TAC Open and Masters (M/W) RELAY CHAMPIONSHIPS and BAY AREA CORPORATE ATHLETIC ASSOCIATION (BACAA) Grand Prix Event	
	START/FINISH: San Ramon Valley High School, Danville, CA STARTING TIMES: Ultra Run 7AM / RELAY 8AM	
ACAA AT	benefiting the Danny Foundation and it's effort in crib and baby safety consumer education	
LDR/B	BASSICS, Inc. Hotline: 1-510-537-2009 KUNNING	
oth hilly and	Wilderness and a tough 50K Ultra Run through and the EBMUD watershed to Moraga and return. PRIZES/CATAGORIES: Relay is BOTH OPEN and CORPORATE with PA/TAC Pactic Association's RELAY CHAMPIONSHIPS and the Bay Area Corporate Athletic Association's (BACAA)'92-'93 Opener PA/TAC Relay: Maia/Female/Co-Ed Taema: \$1200 total prize money Open:18-39, Maaters:40-49, Seniors: 50-59 and Super Seniors: 60 + Co-Ed taems will be accepted for non-PA/TAC competition ONLY PRIZE MONEY to top PA/TAC residency and #'s required for prize money eligibility) •BACAA Corporate Relay: Divisions based on AGE SUM of Participants Ane Sum Catagories: Open <160 yrs: Masters 160 to <200; Senior > 200 yeers: Teems: Mala/Female/Co-Ed // Medals for 1st, 2nd, 3rd place for PA/TAC and Corporate teams Co-ed teems are 2 women minimum; 2-3 person teams welcome also. •DUBLE DANNY 50K ULTRA has 1st and 2nd place medals <20, 21-29, 30-39, 40-49, 50-59, 60 +. Plue perticipation medals to each entrant.	
	EE: RELAY - \$80/team; ULTRA \$50/person (before 9/5)	
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RUTH ANDERSON 'S TRY TO GET A TRAM RELAT (6.1 M. PER LEG) FOR THIS RELAY.